

SUMMARY OF FINDINGS

- Overall, 10.5%, or approximately 208,100 Utahns, sustained one or more injuries in the 12 months preceding the survey interview. These were injuries that limited a person's usual activities for a day or longer or caused them to require medical attention.
- 2.5% of all Utahns sustained two or more such injuries.
- 9.1% of all Utahns said the injury required them to seek medical attention (most recent injury, if more than one).
- Certain population groups were more likely to sustain an injury than others. Those groups include:
 - Males (12.4% had one or more injuries),
 - Persons age 16-24 (13.7%), and especially males in this age group (18.0%),
 - Adults employed full time (12.1%),
 - Persons in household with less than \$15,000 annual income (13.4%),
 - Persons living in apartments (13.6%),
 - Persons with a hearing (15.0%) impairment,
 - Persons who exercise regularly (12.5%),
 - Adults who drink moderately (14.0%) or heavily (20.7%), and
 - Adults who smoke cigarettes (14.7%).
- Injuries were most commonly caused by falls (29.7% of all injuries), sports and leisure activities (25.3%), lifting (10.9%), and motor vehicle related incidents (8.2%).
- The causes of injuries differed, depending on a person's demographic characteristics.
 - Males were most likely to be injured in sports/leisure activities, females in a fall.
 - Persons age 5-24 were more likely to be injured in sports/leisure activities, those age 4 and under, or age 45 and over were most likely to be injured in a fall.
 - Those age 16-24 had higher rates of motor vehicle related injuries than the other groups, although the most common cause of injury for this group was sports/leisure activities.
- Injuries were most likely to happen in the home (31.3% of all injuries), workplace (18.0%), a place for recreation or sport (16.1%), on the street (9.3%), or in school (6.3%).
- The location, or place where an injury happened also depended largely on a person's demographic characteristics.
 - While both males and females were most likely to be injured at home, males were more likely than females to be injured in the workplace.
 - Persons age 15 and under and 45 and over were most likely to be injured at home, those age 16-24 in a place for recreation or sport, and those age 25-44 in the workplace.
 - Those injured at home were most likely to be injured by a fall, those injured in the workplace were

most likely to be injured by lifting, those injured at a place for recreation or sport were most likely to be injured in a sports or leisure activity, those injured in the street were most likely to be injured in a motor vehicle related injury, and those injured in school were most likely to be injured in a sports or leisure activity.

- There was a dramatic increase in helmet use among bicyclists. For persons of all ages, 24% reported always wearing a helmet while riding in 1996, compared with only 7.2% in 1991. Those reporting they never wore a helmet decreased from 84.1% in 1991 to 43.1% in 1996.
- There were demographic differences in the likelihood that a person wore a helmet while cycling. Those who were most likely to report that they never wore a helmet were:
 - Adults who did not graduate from high school (66.2%), and
 - Persons living in Central (70.0%), and Tri-County (62.5%) Health Districts.
- For those who use a skateboard or in-line skates, 20.2% reported that they always wore a helmet, and 50.5% indicated that they never wore one.
- Overall, 43.9% of Utah households had one or more guns on the premises. These guns are stored as follows:
 - 56.1%, no guns in the household,
 - 29.4%, all guns stored in a locked location,
 - 3.5%, unlocked guns in the household, but no ammunition available,
 - 8.1%, guns not locked, not loaded, but with ammunition in the home,
 - 2.9%, loaded guns somewhere other than a locked location.
- Those most likely to have guns in the household include:
 - Households with annual incomes of \$55,000 or more (56.2%),
 - Those in houses (50.4%) and mobile homes (41.7%), as opposed to apartments (20.6%) or condominiums (24.6%),
 - Households outside the Wasatch Front (58.7%),
 - Households with children age 17 or under living there (48.1%), and
 - Households in Southwest (55.7%), Tooele (57.6%), Wasatch (62.0%), Southeast (63.0%), Tri-County (68.1%), and Central (69.3%) Health Districts.